



Virginia Cooperative Extension

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Greenville/Emporia Extension Office

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Program Registration:

<https://register.ext.vt.edu/>

NOTICE

The Greenville/Emporia Extension office is open
Monday—Friday, 8am—5pm.

We urge you to take all necessary steps to stay healthy and follow
guidelines outlined by local health departments.

Visit <https://ext.vt.edu/> for resources on the COVID-19 pandemic.

For further information please visit:

Facebook Page: www.facebook.com/greenville.emporia.vce

Website: www.greenville.ext.vt.edu

Summer Vegetable Salsa

Prep Time: 10 minutes

Total Time: 40 minutes

Servings: 6



Ingredients:

- 3 tomatoes, diced
- 1 onion, diced
- 1 zucchini, diced
- 1 jalapeño pepper (optional), minced
- 4 garlic cloves, minced
- 1/2 cup fresh cilantro, chopped
- 1/2 teaspoon salt
- 1/4 cup lime juice
- 3 cups your favorite vegetables, sliced

- 1. Mix all ingredients into a mixing bowl
- 2. Chill in the refrigerator for at least 30 minutes before serving to allow flavors to marinate.
- 3. Serve with your favorite sliced vegetables.

To view alternate serving size ingredients, go to:
<https://eatsmartmovemoreva.org/>

Sneek Peek

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New Year, New YOU!

By Hannah Parker, Associate Agent
4-H Youth Development



Happy New Year, and Welcome to 2023! I hope that each of you have had a wonderful Holiday Season and a great start to the New Year. With the start of a new year comes new opportunities. Opportunities for us all to set new goals and to improve our daily lives. Whether your New Year's resolution involves eating healthier, becoming more active, learning how to work successfully with others in a team, improving your public speaking skills, learning something new or setting other goals, 4-H can help! I encourage you all to become actively involved in 4-H this year. 4-H is for everyone, youth ages 5-19, their families and caring adult volunteers. We have a lot of exciting programs planned, and we do not want you to miss out on the fun of learning new things, making lifelong friendships and creating cherished memories. Remember, the more effort you put into something, the more you will get out of it!

4-H Summer Camp Sign-Up Week – February 1st-3rd, 2023!

February 1st – camp registration opens only to PRIOR campers 1st!

February 2nd – camp registration open to ALL!

The first **10 prior campers** that register during this week will receive **\$20** off their camp fee!

Also, anyone that brings in a friend (new to 4-H camp) to register for summer camp (within the same week) will receive **\$10** off their camp fee.

The time to register for Greensville/Emporia's 4-H Summer Camp is HERE! This year's summer camp will take place July 17th-21st, 2023 at the Airfield 4-H Center in Wakefield, VA for ages 9-13. Teens ages 14-19 are eligible to apply to volunteer as camp counselors. Be sure to register your child for camp February 1st-3rd to reserve their spot! You can register in our office or online at <https://register.ext.vt.edu> and advance search by location.

Register early to reserve your spot! Space is limited.



Greensville/Emporia 4-H campers at Summer Camp 2022.

Local 4-H Events:

Summer Camp Counselor/CIT Deadline to Apply: February 1st

4-H Summer Camp Campers Sign-Up Week: February 1st-3rd

Local 4-H Public Speaking, Presentations, Share the Fun & Science Fair Contest Deadline– February 3rd

Local Recurring 4-H Events:

4-H Homeschool Club – 1st Thursday of each month @ First Christian Church from 10AM-12PM; February 2nd, March 2nd, April 6th

Healthy Living/STEM Afterschool Program @ E.W. Wyatt Middle School every Wednesday from 2:45-5:00 PM

Healthy Living Program/STEM Afterschool Program @ Belfield Elementary School every Tuesday from 4:30-5PM

Healthy Living/STEM Afterschool Program @ Greensville Elementary School every Thursday from 3:45-5PM

4-H Teen Club – monthly meetings @ Extension Office

Animal/Livestock Club Meeting—January 23rd, February 13th, March 13th @ Extension Office 6:30-8:00PM

Shooting Sports Club: TBD *Adult volunteers needed

State-wide 4-H Events

4-H Day at the Capitol –January 18th

Nature Explorer's Weekend – January 28-29th at Holiday Lake 4-H Center

Southeast District 4-H Contests in Chesapeake – March 11th



By Sara Rutherford, Associate Agent
and Unit Coordinator
Agriculture and Natural Resources

On-Farm Energy Management and Renewable Energy (Virginia Cooperative Extension Publication AAEC-299NP)

When considering investments into your farm operation, it is important to consider the time value (or opportunity cost) of money. In other words, farmers should consider the value of what they could have done with the money if they had not made an investment. Some on-farm energy investments might range from low-cost energy efficiency improvements (for example, sealing building gaps, cleaning maintenance of ventilation fans, etc.), to more expensive energy efficiency retrofits (for example, lighting system upgrades, unit heater replacements, etc.), to implementing renewable energy systems (for example, solar photovoltaics, etc.). The potential return on investment across this range varies widely. For example, while investments in renewable energy may be profitable in the long run, other investment strategies might yield even better outcomes depending on your decision criteria.

It is very important to understand the goals of energy system investments before making investments. Some goals may include reducing system energy requirements, reducing energy costs, reducing reliance on electrical-grid energy, reducing greenhouse gas emissions, or increasing the use of renewable energy. Some goals can be achieved through a conservation strategy—simple everyday actions that reduce the amount of energy used. Other goals may benefit from an efficiency strategy— replacing elements of the existing energy system with more efficient solutions. For example, converting to LED light bulbs or investing in higher quality insulation. Other goals may require investing in additional energy systems such as wind, solar, or geothermal. As the complexity of system changes increases, the cost tends to increase as well. Often it is beneficial to invest in conservation and energy efficiency strategies prior to adoption of renewables, so that the overall energy requirements are reduced.

The USDA offers a variety of farm energy assessments and on-farm energy audits. For an energy audit, an energy auditor meets farmers onsite, requests a tour of the facility, and reports back to the farmer in two to three weeks with an energy audit summary. These summaries offer potential practices and retrofits, estimated costs, and estimated savings. Sometimes farmers can take advantage of incentives through USDA Rural Development and other entities to implement the recommendations. The Rural Energy for America Program (REAP) is also available for farmers interested in investing in energy systems. Contact your local USDA Service Center to learn more about opportunities through USDA Rural Development and USDA Natural Resources Conservation Service.

Many renewable energy conversation technologies are available for farm operations. A brief description of several of these technologies follows.

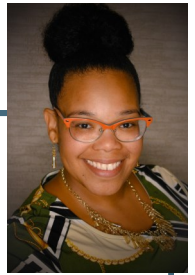
1. Ground-source heat pumps: Ground-source heat pumps use closed-loop piping systems to circulate water underground and back into buildings to regulate temperature. These coils can be placed below ground or underwater in nearby ponds.
2. Wind energy: The U.S. Department of Energy wind resource maps suggest that there are many areas in Virginia that are ideal for wind energy.
3. Biomass energy: Includes a broad category of materials that can be converted into energy through the thermal conversion process.
4. Solar: A quickly growing area of renewable energy in Virginia. The price of solar panels has decreased greatly in the recent decade. Solar photovoltaic panels can be used to generate electricity or solar collectors to heat water. These applications can vary in scale. In some cases, solar is used in small, single appliance applications, in other cases, solar is used to take all, or a portion of, energy operations off the energy grid, or developed as even larger solar power plants to service the electrical grid. The incorporation of energy storage systems (such as battery packs) into renewable energy systems depends on your goals. Not all energy system goals require on-site storage, but it may be a consideration for many applications, especially as battery prices decline. For example, if goals include the ability to use electricity when the grid goes down, then battery storage will be required. The complete publication and more information is available here: <https://pubs.ext.vt.edu>. Search for publication AAEC-299NP. The webinar, which accompanies this article, can be found here: https://video.vt.edu/media/1_ros06lae.

Upcoming ANR

January 9- 5:30pm-6:30pm	Master Gardener Meeting
January 13- 9:00am-1:00pm	Tobacco GAP Training (Southern Piedmont AREC, Blackstone, VA)
January 18- 1:00pm-4:30pm	Private Pesticide Applicator Recertification Class
January 25- 9:00am- 3:00pm	VA Forage and Grassland Council Winter Conference, <i>Stockmanship for better cattle and grass</i>
January 26- 6:00pm-7:30pm	Southside Beekeepers Association Meeting
February 2- 8:30am-4:30pm	Commercial Pesticide Applicator Recertification Class
February 6- 5:30pm-6:30pm	Master Gardener Meeting
February 14- 1:00pm-4:00pm	Master Gardener Training Begins
February 23- 9:00am-12:00pm	Extension Peanut Production Meeting (Franklin, VA)
February 23- 6:00pm-7:30pm	Southside Beekeepers Association Meeting
March 6- 5:30pm-6:30pm	Master Gardener Meeting
March 23- 6:00pm-7:30pm	Southside Beekeepers Association Meeting

Seasonal Affective Disorder (SAD)

By Jessica Jones,
Associate Extension Agent
Family and Consumer Sciences



Don't brush off your emotions as a case of the "winter blues" that you must tough out on your own. Perhaps it's time to take a closer look.

According to the National Institute of Mental Health, Seasonal Affective Disorder (SAD) is not considered a separate disorder but is a type of depression characterized by its recurrent seasonal pattern, with symptoms lasting about 4 to 5 months per year. Therefore, the signs and symptoms of SAD include those associated with major depression, and some specific symptoms that differ for winter-pattern and summer-pattern SAD. Not every person with SAD will experience all the symptoms listed below.

Symptoms of major depression may include:

- Feeling depressed most of the day, nearly every day
- Losing interest in activities you once enjoyed
- Experiencing changes in appetite or weight
- Having problems with sleep
- Feeling sluggish or agitated
- Having low energy
- Feeling hopeless or worthless
- Having difficulty concentrating
- Having frequent thoughts of death or suicide

For winter-pattern SAD, additional specific symptoms may include:

- Oversleeping (hypersomnia)
- Overeating, particularly with a craving for carbohydrates
- Weight gain
- Social withdrawal (feeling like "hibernating")

Specific symptoms for summer-pattern SAD may include:

- Trouble sleeping (insomnia)
- Poor appetite, leading to weight loss
- Restlessness and agitation
- Anxiety
- Episodes of violent behavior

If you think you may be suffering from SAD, talk to your health care provider or a mental health specialist about your concerns. They may have you fill out specific questionnaires to determine if your symptoms meet the criteria for SAD. For a publication with more information, contact our local office.

Source: U.S. Department of Health and Human Services, National Institutes of Health, National Institute of Mental Health. (2022). Seasonal Affective Disorder (NIH Publication No. 20-MH-8138).

Check out this edition of Mind Games contributed by Buzz, Body & Bites

Solve these brain teasers:

1. What can you put between 7 and 8, to make the result greater than 7, but less than 8?
2. What word in the English language does the following: the first two letters signify a male, the first three letters signify a female, the first four letters signify a great man, while the entire word signifies a great woman. What is the word?
3. What are the next three letters in this combination? OTTFSS
4. What speaks without a mouth, hears without ears, has no body, but comes alive with wind?
5. How is seven different from the rest of the numbers between one and ten?
6. I go all around the world, but never leave the corner. What am I?
7. Where would you take a sick boat?

Answers:

7. To the dock 6. A stamp 5. Seven has two syllables and the other numbers only have one syllable. 4. An echo 3. E N T (Each letter represents the first letter in the written numbers: One, Two, Three, Four, Five, etc.). 2. Heroine 1. A decimal point. Your result would be 7.8, which is between 7 and 8.